

Herbal Learning

HERBAL FORMULAS

Some over 75 years old and proven in a clinical setting.

Most of these formulas are to be mixed as dry cut herbs, and then tinctured. They will say tincture at the bottom of the formula recipe. Standard dosage for all Tinctures is 2-3 droppers full 3-4 times a day. For severe problems 1-3 teaspoons full can be taken. Be sure to evaporate all tincture in hot water before drinking.

Adrenal Support Formula

5 oz/quart bag t

Ashwaganda	2pt
Astragalus	1pt
Hawthorn berries/flower	1pt
Korean (Panax) Ginseng	1pt
Lobelia in seed stage	1/2pt
Licorice rt	2 pt
Mullein lf	1pt
Rehmennia	1pt
Rhodiola	2pt
Siberian Ginseng	2 pt

(Anti-Flu)

See Triple tincture recipe for the recipe for Anti-flu

(Anti-Infection Formula)

For reference only t

Black Walnut hulls	1
1/2 C	
Cayenne 150,000 H.	1
1/2 C	
Echinacea Purp/Angust. Seed	1
1/2 C	
Fresh Garlic Juice	12
Tbsp	
Goldenseal rt	1
1/2 C	
Kelp	3/4 C
Myrrh Gum	6 Tbsp
Oak Galls	1 1/2 C
Pine Resin	12 Tbsp
Tea Tree Oils	60
Drops	
Usnea Lichen	1
1/2 C	

(Anti-Viral-Anything)

For reference only t

Algerita	1 C
Echinacea Seed	1 C
Garlic	1 C
Goldenseal	1C
Hyssop Leaf	1 C
Lemon Balm Leaf	1 C
Lomatium Root	1 C
Tea Tree Oils	1 C
Thuja Leaf	1 C

Anti-Malarial

3.5 oz/quart bag t

Barberry bk	1 C
Nettle lf	1 C
Oregon Grape rt	1/2 C
Prickly Ash bk	1 C
Sweet Wormwood	1 C
Yarrow tops	1 C

ARTHRITIS FORMULA

oz/quart bag t

Devil's claw	3
part	
Black Cohosh	1
part	
Walnut hulls	1
part	
Burdock rt	1 part

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Cayenne	1/8 part
Chaparral	1 part
Hydrangea rt	2
part	
Lobelia in seed stage	1/2
part	
Sarsaparilla rt	1
part	
Valerian rt	1/2 part
Wild Yam	1 part
Wild lettuce	1
part	
Yucca rt	1 part

(B and B)

For reference only t

Black Cohosh	1 1/2 C
Blue Vervain	1 1/2 C
Blue Cohosh	1 1/2 C
Ginkgo Biloba	1 1/2 C
Lobelia in seed stage	1 1/2 C
Skullcap	1 1/2 C

Baby Oil

Mix all ingredients together, pour into containers

Calendula Oil	1
C	
Almond Oil	1/2 C
Aloe Vera Oil	1/2
C	
Vitamin E Oil	1
Tbsp Lavender Essential Oi	1
Tbsp	
Tea Tree Oil	1
tsp	

Belly Oil

For stretch mark prevention

Cocoa Butter	1/2
C	
Coconut oil	1/2 C
Apricot Almond or grape sd oil	1/4
C	
Vitamin E oil 20,000IU	1/4 C
Lanolin	1 tsp
Bees Wax	2 tsp
Melt all ingredients except bees wax together on low heat. Melt bees wax in separate container	

then add to oil mix. Pour into containers and cool.

Deep Tissue Repair or

Bone Flesh and Cartilage (BF&C)

6.5 oz/quart bag Makes 5 bags t

Black Walnut hulls	3 C
Calendula flowers	3 C
Comfrey rt	3 C
Gravel rt	3 C
Lobelia in seed stage	3 C
Marshmallow rt	3 C
Mullein Lf	3 C
Skullcap	3 C
Slippery Elm bk	3 C
White Oak bk	3 C
Wormwood	3 C

Black SuperDraw Poultice

Mix as powdered herbs; makes 2.25 #

27#

A.W. Charcoal	1 1/8 C	3
3/8 C		
Blood Root	4 1/2 C	
13 1/2 C		
Cayenne 90,000 hu	3 TBSP	
1/2 C		
Clay Bentonite/white	9 C	
27 C		
Humic powder		
Garlic	1 1/8 C	3
3/8 C		
Goldenseal rt	1 1/8 C	3
3/8 C		
Polk rt	3 C	9
C		
Red Clover	4 1/2 C	
13 1/2 C		

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Slippery Elm bk 9 C
27 C

Tea Tree Oil 6
*drops**

*Add 6 drops to 2 Tbsp of dry powdered poultice. Then add enough of water/apple cider vinegar mixed half and half to make a soft pie dough consistence. When mixed can be kept in frig for months

Bleed Stop Formula

Not sold as dry herbal formula, only tincture t

Cramp Bark 1 C
Cayenne 150,000HU 1 C
Red Raspberry 1 C
Shepherd's Purse 1 C
Squaw vine 1 C
Yarrow tops 2 C

Brain Circulation Formula

6 oz/quart bag Makes 3.5 bags t

Cayenne 1/4 C
Fever Few 2 C
Ginkgo Biloba 8 C
Hawthorn lf or berry 1/2 C
Rosemary 1 /4 C

Blood Root 4 C
Burdock Root & Seed 4 C
Chaparral 4 C
Garlic - cut or pwdr 1 C
Goldenseal Rhizome 2 C
Lobelia Seed 2 C
Oregon Grape Root 2 C
Poke Root 4 C
Pau D'Arco 4 C
Red Clover Blossoms 4 C
Sweet Annie/Wormwood 4 C
Yellow Dock Root 4 C

These are some of the best herbs known to man for strengthening the body to fight cancer. Especially the Sweet Annie or Sweet Wormwood for Breast.

Blood Lymph DETOX Formula

7 oz /quart bag Makes 14 bags t

Algerita 4 C

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Sparkling Sunny Citrus Spray

Clinical Air Disinfectant

Mix all 100% Essential Oils and pour into a spray bottle

4 oz each bottle

Eucalyptus	=
parts	
Grapefruit	=
parts	
Lemon	= parts
Lime	= parts
Orange	= parts

Colon Detox or

Intestinal Detox Formula #2

8 oz per jar Makes 20 40
160

Mix all powders together

Psyllium sd	3C	6C	24C
Psyllium husk		3C	6C
			24C
Bentonite Clay	3C		6C
			24C
Flax Seed	2C	4C	16C
Apple Pectin		1.5C	3C
			12C
Slippery Elm bk	1C		2C
			8C
Marshmallow rt	¾ C		1 ½ C
			6C
Fennel sd	¾ C	1 ½ C	6C
Charcoal	1/3C	1C	4C
Peppermint	1/4C	1/2C	2C

Place a rounded teaspoon full in 6 oz water in a jar with a lid. Shake vigorously, drink immediately. Drink as often as needed to restore an upset stomach, rid of headache, or 6 times a day for a bowel cleanse for 6 days.

Colon Cleanse or

Herbal Learning

Intestinal Cleanse Formula

#1

This powder once mixed needs to be encapsulated in medium to large capsules.

For Reference only

Powdered Herb	Cups
Cape Aloe lf	
2	
Barberry rt	1
Cascara Sagrada	1
Senna lf and pod	1
Garlic bulb	1
Turkey Rhubarb rt	
1	
Ginger rt	1/2
Black Walnut hulls	
1/2	
Fennel sd	1/2
Wormwood	1/2
Cayenne 150,000HU	2
Tbsp	

Colon Cleanse Formula

#3

The finished product will be a liquid adequate for elderly and children. Tincture the first three herbs then evaporate the alcohol and add the four flavors and bottle.

Senna	1 pt
Cascara Sagrada	1 pt
Turkey Rhubarb	1 pt
To 1 1/4 C of evaporated tincture of the above herbs add:	
1.5 tsp Cherry flavor	
3 drops Anise seed oil	
1 TBSP Tangarine oil	
4 oz Fig Syrup	

Digestive Tonic

6 oz/quart bag t

Cayenne 150,000 H.U.	1/4 C
Comfrey lf	1/4 C
Ginger rt	6 C
Lobelia in seed	1/4 C
Peppermint lf	6 C
Sweet Fennel sd	6 C

(Deep Tissue Oil)

1.4 oz dry herbs per batch

Arnica	1/8 C
Mullein lf	1/8 C
Plantain lf	1/8 C
Skullcap	1/8 C
St. John's Wort	1/8 C
White Oak Bark	1/8 C
Extra Virgin Olive Oils	16 oz
Mix all of above herbs into Olive Oil, heat for 6 hours until herbs turn dark. Cool. Strain, then mix with ingredients below.	
Aloe Vera Gel	16 oz

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Caster Oils	4 oz
Peppermint Oils	2 oz
Wintergreens Oils	2 oz

*If making salve heat the herbed and mixed oil to 120 degrees while melting the bees wax to 140 degrees. When melted pour into the hot herb oil stir well then pour into containers while hot.

*For ointment, omit aloe vera gel and use 1/3# bee's wax per Quart of oil

Deep Tissue Heating Salve

For 1.5 gallons - yields 50 5 oz jars

Arnica Flower	
1 C	
Black Walnut Bk. Or Lf.	1/2 C
Calendula Flower	1 C
Cayenne	3/4 C
Devils Claw	1/2 C
Ginger Root	1/4 C
Gravel Root	1/2 C
Horse Tail Herb	1/2 C
Lobelia Herb or Seed	1/4 C
C Marshmallow Root	1/2 C
Mullein Herb	1 C
Plantain Herb	
1 C	
St. John's Wort	1/2 C
Skullcap Herb	
1/2 C	
White Oak Bark	1/2 C
White Willow Bark	
1/2 C	
Wormwood Herb	1/2 C
Olive Oil	4 Qt

Mix herbs into olive oil, heat on low without bubbling for 6-8 hours. Cool/strain, then add the rest of the ingredients except bees wax. Heat the oil mix to 120 degrees and melt the bees wax. When melted add to the oil mix stirring well then pour into containers and let cool.

Wintergreen Oil	16 oz
Birch Essential Oil	16 oz
Aloe Vera Oil	32 oz
Menthol Crystals	32 oz
Bee's Wax 6oz per qt. olive oil	1.5 lb/batch

Mangosteen procedure if making "Plus"! In another kettle place 1cup Mangosteen juice for every two quarts of oil, 1 tsp Citric Acid, 2 Tbsp Vegetable Glycerin, 2 cups emulsifying wax. Stir while heating until all is melted, then blend well with a hand held blender. Add this to the hot 120 degree oil mix, and blend thoroughly. Then add the melted bees wax according to the above recipe. Blend as often as necessary while pouring into containers.

Bulk DTHS Herb amounts for herbed oil

4 Quarts Oil=	9 1/2 C
2 Quarts Oil=	4 1/2 C
1 Quart Oil=	2 1/8 C

Detox and Cleanse Digestive Tea

6 oz per bag Makes 15 bags

Burdock rt	2 1/2 C
Cardamom sd	2 1/2 C
Dandelion rt	5 C
Fennel sd	2 1/2 C
Ginger rt	2 1/2 C
Horsetail	2 1/2 C
Juniper Berries	2 1/2 C
Licorice rt	2 1/2 C
Orange Peel	2 1/2 C
Parsley rt	2 1/2 C
Pau D'Arco bk	2 1/2 C
Uva Ursi lf	2 1/2 C

Use two heaping Tbsp per each quart of water, simmer 15 minutes then steep for 20 minutes with lid on, strain and drink. This is part of the liver flush regime

Healing EAR OIL

Use powdered herbs in Olive Oil to make an oil emulsion. After straining out herbs, add charcoal to the remaining oil for the finished product

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Algerita 2 TBSP
 Calendula Flower ¼ C
 Charcoal 1 TBSP
 Garlic Fresh Organic Crushed 2 TBSP
 Goldenseal rt 1
 TBSP Mullein Flower ¼ C
 Organic Extra Virgin Olive Oil 2 C
 St. John's Wort ¼ C
 Keep Refrigerated. Warm Before Using.
 Place several drops into each affected ear
 two to three times a day until relief.

Echinacea

Equal Parts 7 oz /quart bag t
 Echinacea Angustifolia
 Echinacea Purpurea

Eyebright Formula

5.5 oz/quart bagn t
 Bilberry 1 ½ C
 Cayenne 90,000 H.U. ¼
 Tsp
 Eyebright 1 ½ C
 Fennel sd 1 ½ C
 Goldenseal rt ½ C
 Red Raspberry lf 1 ½ C
 Rue Tops 1 ½ C

Essiac Tea

Mix all powdered herbs. Place ½ cup in 4
 quarts of water, bring to a simmer and simmer
 for 1 hour with a lid on. Then steep for 12
 hours. Reheat and strain, cool and store in
 refrigerator. Drink 2 oz three times a day or
 more for cancer and other degenerative
 diseases.

Burdock root 1# 4 oz 4
 ½ C
 Sheep Sorrel 1#
 5 C

Slippery Elm bark 4 oz 1
 ½ C
 Turkey Rhubarb 1 oz
 ¼ C

Fulvic Eye Drops

Mix 1.6 oz Fulvic Acid with
 30.4 oz Pure clean water or
 Kangen water or Distilled water or
 Reverse Osmosis water
 Sell by 2 oz dropper bottle \$11.00

Extreme Tissue Repair Ointment

Mix all herbs and place in the olive oil making an oil
 immersion. Strain, Add the Aloe Vera oil, and
 proceed with the bees wax routine for salve.

Aloe Vera Oil 16 oz 32
 oz
 E. V. Olive Oil 1.5 qt.
 4qt
 Blk Walnut Hulls ½ C 1
 ¼ C
 Comfrey rt 1 C 2
 1/2 C
 Devil's Claw 1/2 C
 1 C
 Gravel rt ¼ C ¾ C
 Horse Tail ½ C 1
 1/4 C
 Lobelia/Seed stg ¼ C
 3/4 C

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Marshmallow rt $\frac{1}{4}$ C
 $\frac{3}{4}$ C
 Mullein lf $\frac{1}{2}$ C 1 $\frac{1}{4}$
 C
 Plantain 1C 2 $\frac{1}{2}$
 C
 Skullcap $\frac{1}{4}$ C
 $\frac{3}{4}$ C
 St. John's Wort $\frac{1}{4}$ C
 $\frac{3}{4}$ C
 White Oak bk $\frac{1}{2}$ C 1
 $\frac{1}{4}$ C
 White Willow bk $\frac{1}{2}$ C 1
 $\frac{1}{4}$ C
 Wormwood $\frac{1}{4}$ C
 $\frac{3}{4}$ C
 Yarrow tops $\frac{1}{2}$ C 1
 $\frac{1}{4}$ C
 Mangosteen(with citric acid, emulsifying wax,
 vegetable glycerin for emulsification)
 Bee's Wax $\frac{3}{4}$ lb

Lobelia in seed stage $\frac{1}{2}$
 C Passion Flower 1
 C
 Uva Ursi 1 C
 Valerian rt 1
 C
 Wild Yam Rhizome 1 $\frac{1}{2}$ C

Five Week Formula

Not made for dry herbal sale, tincture only.
 This is a pre-delivery formula used the last 6
 weeks of pregnancy
 t

Red Raspberry 1 part
 False Unicorn rt 1
 part
 Blue Cohosh 1 part
 Blessed Thistle 1 part
 Squaw Vine 1
 part
 Motherwort $\frac{1}{2}$
 part
 Ginger rt $\frac{1}{2}$ part
 Lobelia in seed $\frac{1}{4}$ part
 Bayberry $\frac{1}{2}$ part
 Wild Yam rt 1
 part

Female Formula

6oz/quart bag t
 Used to be Female Pre-Menstrual Formula

Chaste Tree Berries 1 $\frac{1}{2}$ C
 Corn Silk 1 C
 Dong Quai rt 1 $\frac{1}{2}$ C
 Hops Flower 1 C
 Juniper Berries 1
 C

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Hawthorn

7.5 oz /quart bag Makes 8 bags t

Hawthorn berries 9
cup
Hawthorn flowers/lf 9 cup

Head Lice Nightmare Remedy

Mix all essential oils together in base of Olive Oil.
Pour 3 ounces per dose.

Extra Virgin Olive Oil 3
ounces
Rosemary essential oil 25 drops
Eucalyptus essential oil 12 drops
Geranium essential oil 13
drops
Lavender essential oil 25
drops

Saturate hair from roots to tips; cover
with cling wrap for two hours to
overnight. Emulsify with shampoo before
rinsing out. Repeat after three days.

Heart Formula

4.5oz/quart bag Makes 9 bags t

Cayenne 150,000 H.U. 2
Tbsp
Garlic granules or fresh
1 C
Ginger rt 1 C
Hawthorn berries
4 C
Hawthorn leaf/flower
4 C
Motherwort 1 C
Red Clover Bl (packed)
2 C
Rosemary ½ C

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Herbal Calcium Aide

2.6oz/quart bag

Comfrey rt

4 C

Dandelion lf

4 C

Horsetail

6 C

Lobelia/sd stage

1/4 C Nettle lf

2 C

Oat straw

3 C

Parlsey lf 3 C

Pigweed 4 C

Black Cohosh 1 C

Mullein 1 C

Peppermint

1 C

Lobelia 1 C

Hebal Hair Tonic

Bayberry 1 C

Black Walnut 1 C

Burdock rt

1 C

Horse tail herb 1 C

Nettle lf 1 C

Oatstraw 1 C

Peppermint lf 1 C

Rosemary 1 C

Sage 1 C

Bring 1 quart of water with 2 heaping TBSPs of this herbal mix, to a boil, with lid on. Take off heat and let sit/steep for 20 min. Strain and drink.

Insomnia formula

4oz/quart bag Makes 3.5 bags t

Kava Kava

1 C

Skullcap 1 C

Valerian rt

1 C

Hops

1 C

Blue Vervain 1 C

Kidney/Bladder Dissolve Tea

6oz/bag Makes 16 bags

Carrot Tops 4 C

Corn Silk 4 C

Dandelion lf 4 C

Goldenrod 4 C

Gravel rt 4 C

Horsetail 4 C

Hydrangea rt 4 C

Juniper Berries 8 C

Marshmallow 4 C

Orange Peel 4 C

Parsley rt 4 C

Parsley lf 4 C

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Peppermint lf 4 C

Uva Ursi 4 C

Place two heaping Tbsp of this mix into each quart of water. Simmer for 10 minutes covered then steep for 20 minutes. Drink 2 cups 3 or more times a day for Kidney health/healing. Part of the Kidney Flush

Kidney/Bladder Formula

4.5oz/quart bag Makes 8 bags t

Burdock rt 2 C

Corn Silk 2 C

Goldenrod 2 C

Horsetail 2 C

Juniper Berries 4 C

Parsley rt/lf each 2 C

Pipsissewa lf 2 C

Uva Ursi 2 C

Add 2 or more droppers full of this tincture to each cup of the Kidney/Bladder Tea and drink these cups 15 minutes after the Kidney flush drink. Or you may drink the same tincture evaporated in a cup of hot water.

Lactation Support

9oz/bag, which equals one month supply at dosages below.

Alfalfa 2 parts

Blessed Thistle 1 parts

Fennel sd 1 part

Fenugreek sd 2 parts

Mother Wort 1 part

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Nettle lf 1 part

Oat Straw 2

parts

Peppermint lf 1 part

Place two heaping Tbsp in a kettle with a quart of water, cover with a lid. Simmer for 10 minutes, then steep for 20. Drink 1-2 cups 3-4 times each day of pregnancy. May begin early and continue on during lactation.

(Allround Lactation Assistance)

For reference only-very good formula

Fenugreek Seed 1 part

Fennel Seed 1

part

Red Raspberry leaf 1

part

Alfalfa 2

parts

Dandelion root 1 part

Marshmallow root 1

part

Red Clover 1 part

Oat straw 1 part

Chamomile 1 part

Red Raspberry lf 1 part

St John's Wort 1/2

part

Calendula 1/2 Part

Nettle leaf 1 part

Lobelia

3oz/quart bag t

Lobelia Enflata in seed stage

Tincture with 1 cup raw apple cider vinegar and 80 proof Vodka

Liver/GallBladder Anti-

Parasite Formula

10oz/quart bag Makes 7.5 bags t

Black Walnut Hulls 2 C

Dandelion rt/lf 2 C

Garlic Bulb 2 C

Gentian rt 2 C

Ginger Rhizome 2 C

Milk Thistle sd 3 C

Oregon Grape rt 2 C

Sweet Fennel sd 2 C

Wormwood lf/fl 2 C

Algerita 1 C

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Male/Female Balance Formula

5oz/quart bag t

Chaste Tree Berries 1 ½ C
Damiana lf 1 ½ C
C
Dong Quai rt 1 ½ C
Hops Flowers 1 C
Licorice rt 1
C
Wild Yam Rhizome 1 ½ C

(Male Formula)

Tincture

Ginger Rhizome
1/3 C
Ginseng rt-American 1
¼ C
Ginseng rt-Chinese/Korean 1
¼ C
Oat sd 2/3 C
Sarsaparilla rt 1/3 C
Saw Palmetto Berry 1 ¼ C
Yohimbe bk
2/3 C

Nerve/Anti-Spasmodic Formula

Black Cohosh rt 1 C
Blue Cohosh rt 1 C
Hops fl 1 C
Kava Kava 2 C
Lobelia in seed stage 1 C
Passion Flower 1 C
Skullcap 1 C
Valerian rt 1 C

Wild Yam Rhizome 1 C
Skunk Cabbage rt 2 C

Nerve Regeneration Formula

4.5oz/quart bag Makes 19 bags t

Black Cohosh
6 C
Celery Seed 3
C
Ginkgo Biloba lf 6 C
Lobelia Seed 3
C
Oat Seed 6 C
Skullcap 6
C
St. John's Wort 6
C
Saw Palmetto Berry 2 C
Siberian Ginseng rt 2
C

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<i>*Jambul sd</i>	1/2 C
Juniper Berries	1/2 C
Stevia lf	1 C
Uva Ursi	1/2 C
Yarrow tops	1 C
<i>*When obtainable</i>	

Pain Neutralizer Oil

Mix all essential oils together then pour into container. Rub into skin over painful area

Birch Oil	2 oz
Camphor oil	8 oz
Eucalyptus oil	8 oz
Lemon oil	4 oz
Orange oil	4 oz
Peppermint oil	8 oz
Rosemary oil	8 oz
Tea Tree oil	2 oz
Wintergreen oil	4 oz

Pain/Sleep Relief Formula

7.5oz/quart bag Makes 14 bags t

Chamomile fl	2 C
Comfrey lf/rt	4 C
Jamaican Dogwood rt bk.	8 C
Kava Kava	2 C
Lobelia in seed stage	1 C
Poppy sd	4 C
Skunk Cabbage rt	1 C
Valerian rt	4 C
Wild Yam	2 C
White willow bk	2 C

Pregnancy Tea

11oz/bag Lasts approx. one month Using 2 heaping Tbsp per quart of water. Place herbs in water, heat to simmer covered. Turn fire off and steep for 20 minutes.

Alfalfa	1 C
Bitter Fennel Fruit	1/2 C
Lemon Verbena	1 C
Nettle lf	1 C
Raspberry lf	2 C
Rose Hips	1 C
Strawberry lf	2 C
Spearmint	1/2 C

Pancreatic/Diabetic Support

7.5oz/quart bag t

Bilberry	1 C
Blueberry lf	1/2 C
Cedar Berries	6 C
Devil's Club rt bk	1/2 C
Fenugreek sd	2 C
Ginkgo	1 C
<i>*Gemmema lf</i>	1 C

Prostate Formula

8oz/quart bag Makes 5 bags t

Corn Silk	2 C
Juniper Berries	2 C
Pygeum Bark	2 C
Saw Palmetto(4 C Pwdr)	3 C
Stringing Nettle rt	1 C

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Uva Ursi Leaves 2 C
Yohimbe bk 1 C

Tincture

Sitz Bath

2 Cups/bag for sale. Use ¼ cup per 4 gallons water bath.

Comfrey Root Pwdr 1 C
Chamomile Pwdr 2 C
Lavender Pwdr 1 C
Uva Ursi Pwdr 1 C
Shepherd's Purse Pwdr 1 C
Yarrow Pwdr 2 C
St. John's Wort Pwdr 1 C
Sage Pwdr 2 C
Echinacea rt/lf/fl 1 C
Sea Salt 46 C

Snuffy Sinus Care Formula

Mix as fine powdered herbs. .5oz/container.

Bayberry 2 C
Cayenne 90,000 H.U. 2
tsp.

Garlic 2 tsp.
Goldenseal 2 C

Use small match head size amount and snort up into nose 4 plus times a day as needed for stuffy, sick sinuses. As this dilates capillaries (desired) use a cold washcloth if necessary for comfort

Respiratory Support

3 oz/quart bag t

Elecampane 1 C
Eucalyptus 1 C
Khella/Bishops weed 2 C
Lobelia Seed 2 C
Mullein Flowers/Tops 2 C
Oregon Grape Root 1 C
Peppermint 1 C
Yarrow 2 C

Also can add Thyme, Fennel, Oregano oils after tincture is in cup

Sinus Allergy Formula

For reference only

Algerita ½ C
Echinacea Blend ½ C
Eyebright ½ C
Goldenseal rt ½ C
Lobelia sd ½ C
Nettle sd 1 ½ C
Peppermint ½ C
Yarrow Tops 2 C

SuperOneFood

1# per bag

Orange Peel 1#
Lemon Peel 1#
Acerola Cherry 1#
Spinach Powder 1#
Dulse Leaf Powder 1#
Rose Hip Powder 1#
Barley Green 1#
Alfalfa Powder 1#
Spirulina 1#

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Wheat Grass Powder

1 #

Beet Root Powder

1 #

Chlorella 1 #

Olive Leaf

1 #

Astragalus

1 #

Nettle Leaf Powder 1 #

Stevia Leaf powder 1/8 C

Nopal Cactus pwdr 1 #

Moringa Leaf pwdr 1 #

Fulvic Minerals dry pwdr

14 oz

Super Tonic

Fresh Garlic

Fresh Ginger

Fresh Habanero

Fresh Horseradish

Fresh White Onion

Apple Cider Vinegar, or Lemon Juice

Chop equal parts of these five ingredients. Place in blender and cover with enough Apple Cider Vinegar to blend to course applesauce consistency. Let set for two weeks and then strain out the pulp. Drink liquid up to two oz every ten minutes if necessary.

Healthy Tooth Powder

Mix all powders together and place 1 oz in container

Clove Powder 3/4 C

White Oak Powder 2/3

C

Pascalite Clay 2/3 C

Cayenne 90,000 H.U. 1

Tsp

Oregon Grape rt Powder 1/2

C

Myrrh Gum 2/3

C

Peppermint Powder 1 C

Echinacea Powder 1/2

C

Stevia powder 1/4 C

Wet toothbrush and press into powder letting excess fall off. Brush teeth then do not rinse when through brushing.

Triple Tincture

6oz/quart bag t

Echinacea

2 pt

Anti-Flu* 1 pt

Algerita 1 pt

(*Anti-Flu—1/4 part of TRIPLE)

Make this mixture then added to the rest of Triple Tincture as 1/4 part of Triple Tincture

Comfrey rt 4.5

C

Elderberry blossom/berry

3 C

Elecampane rt 4.5 C

Goldenseal rt 4.5 C

Or Oregon Grape rt

Lobelia in seed stage 1.5

C

Mullien lf 4.5 C

St. John's Wort herb 3

C

Herbal Learning

Vaginal Powder for Cleansing

6oz per container Makes 3 containers

White Clay

2 C

Garlic Powder 4 Tsp

Cayenne Powder 1/2

Tsp

Echinacea Powder 2

TBSP

Oregon Grape rt Powder 1

TBSP

St. John's Wort Powder 2

TBSP

Mullein Powder

1/4 C

Red Clover Powder 1/4 C

Cinnamon powder

1/4 C

Tea Tree Oil 1/2

Tsp*

*Use two heaping tablespoons to one quart of hot water and be sure to add half a teaspoon Tea Tree Oil to each quart and

shake well immediately before use. Use warm.

Varicose Vein Support

Sold as tincture

Black Walnut Hulls 1 part

Burdock Root 1 part

Hawthorn 1 part

Red Clover 4 part

Yarrow 2 parts

Wet Sheet Pack Herbs for Bath

6oz/container

Cayenne 90,000HU pwdr 1 part

Ginger Root powder 1 part

Place 1/3 cup into an intact old sock, tying it off to prevent the oily herbs from plugging the drain. Put the sock into the water after water is through running into tub. This will dilate skin capillaries, and can make you cough as the oil vaporizes (actually not harmful).

Essiac

6 1/2 cups of burdock root (cut) (upper left)

1 pound of sheep sorrel herb powdered (upper right)

1/4 pound of slippery elm bark powdered (lower left)

1 ounce of Turkish rhubarb root powdered (lower right)

Mix these ingredients thoroughly and store in glass jar in dark dry cupboard.

Take a measuring cup, use 1 ounce of herb mixture to 32 ounces of water depending on the amount you want to make.

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I use 1 cup of mixture to $8 \times 32 = 256$ ounces of water. Boil hard for 10 minutes (covered) then turn off heat but leave sitting on warm plate over night (covered).

In the morning heat steaming hot and let settle a few minutes, then strain through fine strainer into hot sterilized bottles and sit to cool. Store in dark cool cupboard. Must be refrigerated when opened. When near the last when its thick pour in a large jar and sit in frig overnight then pour off all you [can] without sediment.

This recipe must be followed exactly as written.

I use a granite preserving kettle (10 - 12 qts), 8 ounce measuring cup, small funnel and fine strainer to fill bottles.



ADDITIONAL TIPS & INFORMATION

The preparation of Essiac is as important as the formula itself. Essiac is a decoction, not an infusion. An infusion is what people make when they put a tea bag in a cup of hot water. Generally speaking, an infusion tends to extract vitamins and volatile oils. A decoction is used to extract minerals, bitter components, etc. from hard materials such as roots, bark or seeds by boiling for a few minutes and then allowing the herbs to steep for several hours. Entrepreneurs often sell Essiac imitations in tincture form (herbs in alcohol) or in gelatin capsules; neither form is Essiac because Essiac is a tea and, more specifically, a decoction that must be made in a certain way in order to achieve the kind of results that Nurse Caisse was demonstrating.

People often substitute stainless steel for an enameled pot and lid. The main concern is not to use an aluminum pot. Also, be sure not to use unfiltered, chlorinated water. The formula above can be reduced to 1/2 cup of herb mix to one gallon of water. [Optional: Dr. Glum suggests adding 2 or 3 cups of extra water to replace water lost through evaporation during boiling. Also, the dry herbs will absorb water as well.] After boiling for ten minutes, let the tea steep about 12 hours. Then heat up tea to steaming, but not boiling. (Do not boil twice.) The remaining pulp can be used for healing poultices.

Don't use cheese cloth to strain Essiac. Likewise, do not use a kitchen sieve that has a very fine mesh as this may filter out the slippery elm. Slippery elm gives the tea a slight viscous consistency when poured. If you do not notice this "slippery" consistency after refrigerating your tea, you may be using a sieve that is too fine. Don't worry about herb particles in your Essiac; they will settle to the bottom of the jars. Some people drink the Essiac dregs (particles that settle on the bottom), others don't. Some people give the Essiac dregs to their pets or farm animals as a health food. Many people have reported the same or similar health benefits with their pets that humans are reporting. The dregs can also be used topically as a poultice.

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It is best to refrigerate the Essiac tea as soon as it has cooled. Discard the tea if mold appears on the surface or if the tea does not taste right.

Make sure that the sheep sorrel you use is the small, wild variety of sheep sorrel and not a substitute like yellow dock or garden (French) sorrel. Imported turkey rhubarb root could be fumigated or irradiated. Many Essiac merchants are unaware of the quality of their herbs. The best way to insure that you're getting true Essiac is to grow the herbs yourself. This puts you in control of product quality and takes out the commercialism. Burdock root is harvested in the fall of the first year. Slippery elm bark is wildcrafted or organically-grown and is easy to buy. Turkey Rhubarb is the only herb in Essiac that cannot be wildcrafted in the US. The Chinese use six year old turkey rhubarb roots for maximum potency. EssiacUS.com usually has some Essiac herb seeds.

*Quotes about Turkey rhubarb are from A MODERN HERBAL, first published by Jonathan Cape, 1931

The article above was written by Lanny Messinger, the original webmaster for this web site, who is now retired.

"We all have the right to benefit from Essiac because no one can stop us making it, no one can stop us taking it and no one can stop us deciding how and when we're going to do it." [[THE ESSIAC BOOK](#) by]

Mali Klein, 2006. The Essiac tea in the snow on a foggy January morning (picture above left) was made using the Essiac formula given above. Compare the tea color in this picture to the tea that Rene Caisse herself holds in her hand in this You Tube video: http://www.youtube.com/watch?v=_k_nW-b-XmQ.

ESSIAC QUESTIONS? The Essiac trilogy by Sheila Snow and Mali Klein, [ESSIAC ESSENTIALS](#), [THE SECRETS OF RENE CAISSE'S HERBAL PHARMACY](#) and [THE ESSIAC BOOK](#) are necessary to understand how to use Essiac to treat cancer. These books are the most researched and documented books available that reveal the secrets of how Rene Caisse successfully treated so many cancer patients. These books cut through most of the disinformation on the internet about Essiac tea and are usually available through EssiacUS.com. [ESSIAC ESSENTIALS](#) and the [SECRETS OF RENE CAISSE'S HERBAL PHARMACY](#) are no longer in print and are now collectors' items. [THE ESSIAC BOOK](#) will soon be going out of print to become a collector's item as well. However, Mali Klein is editing a compilation of the Sheila Snow/Mali Klein Essiac Trilogy entitled THE COMPLETE ESSIAC ESSENTIALS. The US edition may be available by the end of 2010.

Rene Caisse stated: "My decoction is a non-toxic drink made from herbs which are of definite benefit for cancer." [[THE ESSENCE OF ESSIAC](#), p. 122-3]

According to the American Medical Association, drugs approved by the FDA kill over 100,000 Americans every year! According to a 174-page report by the U.S. National Poison Data System the number of people killed in 2009 across America by vitamins, minerals, amino acids or herbal supplements is exactly zero!

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What is the Recommended Adult Daily Dosage for Essiac Tea?

Rene Caisse's dosage for cancer patients

[Note: This article applies just to people who are using Essiac tea as a treatment for cancer and not necessarily for other ailments or general health purposes. Also, it is important to remember that Rene Caisse was using the oral dosages below in conjunction with intramuscular injections of a specially filtered sheep sorrel solution, which is no longer done. [CLICK HERE](#) to learn how Essiac tea works on cancer.]

"Remember that all diseases have a life cycle and a rhythm of their own, so follow your own judgement according to what your body is telling you about the dosage it needs." [[ESSIAC ESSENTIALS](#), p. 46]

According to Sheila Snow and Mali Klein's research, "It was only when the doctors connected with the Resperin Corporation started working with Essiac that Rene began to advise the dose of one fluid ounce diluted in two ounces of warm water before going to bed." [[ESSIAC ESSENTIALS](#), p. 44] "Rene recommended the 30 ml [one fluid ounce] daily dose for cancer. Depending on the exact nature and severity of your condition, you may have to consider taking Essiac at this dosage level for a period of up to two years, with 'resting' intervals of perhaps one week off in every four in order to stimulate maximum efficacy of the tea." "It is our experience that the body seems to resist Essiac at higher doses. Rene Caisse considered high doses a complete waste of the remedy and risked the possibility of stimulating over-detoxification crises." [[ESSIAC: Secrets of Rene Caisse's Herbal Pharmacy](#), p. 113-14] [However, it should be noted that Nurse Caisse was also treating cancer patients with sheep sorrel injections in conjunction with the oral tea, too, and sheep sorrel root was a necessary part of the Essiac formula to achieve the results she achieved at the Rene M. Caisse Cancer Clinic. Most Essiac tea manufacturers do not include [sheep sorrel roots](#).]

"Dosage as a remedy for cancer: Drink 1 fluid ounce/30ml Essiac once daily, diluted with 2 fluid ounces/60ml of hot water. This should be sipped (like any hot tea), preferably before bedtime and at least two hours after eating. Food should not be eaten within one hour of drinking the tea." [[ESSIAC ESSENTIALS](#), p. 37]

"It is very important to use the dosage as recommended, which was based on more than 54 years' experience. Rene was very concerned about this, which is why she personally administered the dose to her patients. The herbs are very potent, and in particular Sheep Sorrel can have the effect of enlarging the tumor too quickly, so that it may burst, or a vital organ may be blocked because of its increase in size. Sometimes the tumors will soften, dissolve into small pieces and be eliminated

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through the bowel or the urinary tract. Cancer growths in the breast have been known to become encapsulated within six weeks to three months, and can then be removed surgically with little danger of metastasizing in the future. Cancers of the esophagus have also become encapsulated and removed cleanly and safely by surgery."

"Depending on special circumstances, very occasionally in her later years, she would sometimes advise an initial dose of one fluid ounce twice daily for the first five, ten or (rarely) thirty days before reducing to one fluid ounce a day. Rene was always very particular about this because she was aware that sometimes, when patients first began taking the Essiac formula, their tumors might enlarge suddenly as though they were gathering back the cancerous cells that had metastasized. When that happened, she either gave lighter doses or stopped treatment altogether for a time, to prevent a vital organ from becoming blocked. It all depended on the nature and position of the tumor. For example, primary brain tumors rarely metastasize and we have had no reports of this type of swelling when taking Essiac in these cases. Essiac should never be administered intravenously. During the early days of Rene's pioneering research, she found that only Sheep Sorrel could be injected intramuscularly as an individual herb." [[ESSIAC ESSENTIALS](#), p. 38]

"Essiac can have some side effects which might give cause for concern unless they are understood.

- a) swelling--occurs when metastasized cells gather into the primary tumor.
- b) cottage cheese effect--resembling curds and clear liquid, occurs as the cancer breaks up and discharges from either the body orifices or from localized cysts or swellings. A jelly-like substance can also be discharged or coughed up from the lungs.
- c) more frequent passing of urine/defecation and other inexplicable discharges--occurring as the body detoxifies. If the symptoms are severe, with related nausea and pain, stop taking the formula for a few days until all the symptoms have subsided. When you start drinking it again, take half an ounce every other day, gradually resuming the original dosage. Remember that all diseases have a life cycle and a rhythm of their own, so follow your own judgement according to what your body is telling you about the dosage it needs.
- d) aching 'on site' and headaches, linked to the detoxification process, have been noted as sometimes occurring when taking Essiac after surgery. Treat as for (c) and drink more water to flush out toxins from the body.
- e) fever or chills--sometimes occurring when the Essiac starts working directly on the cancerous cells." [[ESSIAC ESSENTIALS](#), p. 45, 46]

General Information about Detoxification

Over-detoxification may very well be a valid concern for cancer patients who are very ill. Rene Caisse treated many "terminal" cancer patients whose doctors had given up on them after using chemotherapy, radiation and surgery. Cancer patients

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are usually subjected to pharmaceutical drugs and the side effects of chemotherapy, radiation and surgery can be quite debilitating (if not lethal). During detoxification toxins can be released into the bloodstream after being stored in fat tissue, etc. It is not uncommon for people to experience some of the effects of these drugs and other toxins while they're being eliminated. However, it may not be advisable for people with serious ailments to flush toxins out too quickly.

Should this phenomenon occur one can simply drink lots of water to assist in flushing out the toxins. Under normal (healthy) circumstances I do not perceive that this phenomenon is necessarily a bad thing (aka adverse reaction) because one is now finally getting rid of the toxins that have been stored in the body for years. Hallelujah! [I drink at least 1/2 cup of Essiac tea (concentrated decoction) in a mug of hot water every day for health reasons and because I just like the taste of it. It is one of the first things I do in the morning and I take my time sipping it.] One can also use a sauna to help flush the toxins out through the skin, provided one drinks lots of water and avoids becoming overheated or dehydrated. [Caveat: Saunas are not recommended for some conditions so a doctor's advice may be indicated.] Burdock (especially the seeds) is known for facilitating detoxification and sweating through the skin, the largest organ in the body. I went through a 3-week intensive detoxification consisting of some running to jog the toxins out of fat tissue, mega-vitamins/minerals, and several hours every day of sweating in a sauna after jogging. I experienced this so-called "over-detoxification" phenomenon almost every day. Although there was some mild discomfort involved when toxins entered my bloodstream and I re-experienced their side-effects, at the end of this program my body was totally clean. I never felt better in my entire life and my vision even cleared up! Dr. McCain recommends simply cutting back on the amount of Essiac tea taken daily whenever this "over-detoxification" phenomenon occurs. From my experience "over-detoxification" is not a problem that drinking plenty of water and sweating cannot remedy. When one detoxes, the drugs and toxins enter the bloodstream so naturally one could experience one or more of the potential side effects of the drugs/toxins, including reactions such as headache, nausea, depression, dizziness, disorientation, hallucinations (e.g., LSD), etc. It is then important at that point to drink water and sweat (if possible) to flush the toxins out. The sweat lodge is still a native tradition and even modern research has shown that body purification promotes and facilitates spiritual growth. However, it is a good idea in these modern times to consult a competent, naturopathic doctor regarding extensive or intensive detoxification methods, especially in cases of serious illness.

Rene Caisse said, "People will not stick to the dose I give. They'll decide on their own-- if a little's good, a lot's better. That's the way they think." However, some naturopaths and veterinarians believe that Essiac tea dosages should depend on individual (or animal) circumstances, body weight, etc. The research of Dr. Marijah McCain shows a different perspective on dosages. Dr. Marijah McCain reported that one woman with breast cancer drank a quart of Essiac tea every day and successfully conquered her breast cancer. To learn more about Essiac benefits, safety and dosages read the [Interview with Dr. McCain](#).

Also, in my opinion, we are exposed to a great deal more toxins in our environment compared to the middle of the twentieth century. [Chemtrails](#) and widespread spraying of pesticides and innumerable toxic substances are an example of higher

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levels of exposure in modern times. I think we also need to consider that Rene Caisse was primarily treating cancer patients. Today we know that Essiac tea is good for so much more than just cancer treatment. It is used by many people (like me) as a general health and well-being tonic and for daily detoxification that is very mild. I have never experienced any adverse side effects from drinking Essiac tea--even when drinking three cups a day (6 oz. total). We should also not forget that the individual Essiac herbs have been used as food for a very, very long time. That's right--food. Even today the Japanese and an increasing number of Americans are eating burdock root for dinner. Fancy restaurants offer sheep sorrel salad at high prices. Native Americans used slippery elm for food and for its health benefits long before the European invasion of this continent. Many people use garden rhubarb in pies, jams, etc. However, Essiac tea uses the root of turkey rhubarb--not the stems--and the roots are potent and normally only small amounts should be used. Chinese Rhubarb could not have been one of the original herbs of the "old Indian medicine man", though, since Rene stated in *I Was Canada's Cancer Nurse* that the original formula came from "the wilds of Northern Ontario". It was more likely belonging to the [Polygonum](#) genus, and they have been used as food (and medicine) since time immemorial. "No species of Polygonum are known to be poisonous." [EDIBLE WILD PLANTS by Elias & Dykeman] [CLICK HERE](#) for more information on this subject.

Can people overdose on food? Well, just look at the problem of obesity today in America. I would say that there are far too many people overdosing on unnatural foods such as white bread, candy, sugar-coated donuts, sugar-saturated sodas, etc., as well as overdosing on pharmaceutical drugs. The rise in cancer, heart disease and diabetes appears to be a good indicator of the prevalence of poor diets occasioned by junk food overdoses. By the way, sugar and refined carbohydrates feed cancer as well as yeast infections, etc. The fact that these degenerative diseases have not subsided in our society also demonstrates that pharmaceutical drugs are not the solution to the problem. In fact, the evidence from the [FDA and the drug companies](#) themselves reveals that pharmaceutical drugs are actually making the problem worse.

Therefore, for the above reasons and from my experience and [Dr. McCain's experience](#), I don't think "overdosing" on Essiac tea is an issue of great concern except for people who are too ill to handle mild detoxification. I think that if more people would trade in their donuts and soda pop for a cup or two of Essiac tea everyday, we'd see an observable rise in the health of America and all other countries who have adopted the Standard American Diet (SAD). To me, Essiac tea is just good food for good health. (And since it does not contain any sugar, you will not likely be inclined to drink excessive amounts of it.) Therefore, I think we should be more concerned about "overdosing" on over-processed, unnatural packaged foods than worrying about drinking too much Essiac tea.

At the right dosage--and that may vary from person to person--Essiac tea can loosen and normalize bowel movements. However, if things get too loose one only needs to cut back on the tea until the stools are soft but not too loose. This ability to normalize bowel movements can be a real blessing to people who have been on low-fiber diets for long periods of time. There are well-known American herbalists who claim that most illnesses can be remedied simply by a thorough colon cleanse.

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I completed a thorough 7-day colon cleanse only to find that I didn't need to do it. My colon was already clean and normal just by daily use of Essiac tea. (It took me about a month to recover my strength after that intense 7-day colon cleanse.)

CAVEAT: When using Essiac for treating cancer it is very important to learn how Rene Caisse used it in order to properly regulate dosage. To learn how Essiac works [click on this link](#). The Essiac trilogy of [ESSIAC ESSENTIALS](#), [THE SECRETS OF RENE CAISSE'S HERBAL PHARMACY](#) and [THE ESSIAC BOOK](#) is necessary to understand how to use Essiac to treat cancer. These three books are the most researched and documented books available that reveal the secrets of how Rene Caisse achieved her phenomenal results.

Under normal circumstances I think that people just need to experiment a bit to find that daily dosage that is right for them as individuals. After all, our bodies are all different and the body's needs can change from day to day. However, in cases of serious illness, I would recommend visiting a competent naturopathic doctor for dietary recommendations. Let us not forget, though, that many people like me drink Essiac because it is a pleasant cup tea to be enjoyed any time of the day.

"Those who are most intimately involved in caring for a loved one who is seriously ill need to be well themselves. Taking Essiac as a daily tonic can only help." [[ESSIAC ESSENTIALS](#), p. 39]

"We all have the right to benefit from Essiac because no one can stop us making it, no one can stop us taking it and no one can stop us deciding how and when we're going to do it." [[THE ESSIAC BOOK](#) by Mali Klein, 2006]

"Remember that all diseases have a life cycle and a rhythm of their own, so follow your own judgement according to what your body is telling you about the dosage it needs." [[ESSIAC ESSENTIALS](#), p. 46]

Yours in Health Freedom,
Lanny Messinger

*[CAVEAT: This web page is for historical and documentary purposes only and not for medical advice or treatment. It can be very dangerous (not to mention illegal) to inject Essiac tea or sheep sorrel solution and is no longer done. Even if one could find a medical doctor to inject sheep sorrel, the corporate-controlled medical establishment would most likely take away the doctor's license to practice medicine. Only pharmaceutical drugs that disable or kill people are allowed by the medical establishment. See [I Was Canada's Cancer Nurse](#) and read [ESSIAC ESSENTIALS](#) and [THE ESSIAC BOOK](#) for more info. Drinking the tea, poultices and sublingual methods are safer and are discussed in [THE ESSIAC BOOK](#). See a competent naturopathic doctor for dietary recommendations in cases of serious illness.]

Essiac Tea Benefits

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Here are some essiac tea benefits that have been reported to us and observed in research performed by Rene Caisse and Dr. Charles Brusch at the Brusch Medical Research Center.

Essiac Tea...

1. Prevents the buildup of excess fatty deposits in artery walls, heart, kidney and liver.
2. Regulates cholesterol levels by transforming sugar and fat into energy.
3. Destroys parasites in the digestive system and throughout the body.
4. Counteracts the effects of aluminum, lead and mercury poisoning.
5. Strengthens and improves the functioning of muscles, organs and tissues.
6. Makes bones, joints, ligaments, lungs, and membranes strong and flexible, and therefore less vulnerable to stress or stress injuries.
7. Nourishes and stimulates the brain and nervous system.
8. Promotes the absorption of fluids in the tissues.
9. Removes toxic accumulations in the fat, lymph, bone marrow, bladder, and alimentary canals.
10. Neutralizes acids, absorbs toxins in the bowel, and eliminates both.
11. Clears the respiratory channels by dissolving and expelling mucus.
12. Relieves the liver of its burden of detoxification by converting fatty toxins into water-soluble substances that can then be easily eliminated through the kidneys.
13. Assists the liver to produce lecithin, which forms part of the myelin sheath, a white fatty material that encloses nerve fibers.
14. Reduces, perhaps eliminates, heavy metal deposits in tissues (especially those surrounding the joints) to reduce inflammation and stiffness.
15. Improves the functions of the pancreas and spleen by increasing the effectiveness of insulin.
16. Purifies the blood.
17. Increases red cell production, and keeps them from rupturing.
18. Increases the body's ability to utilize oxygen by raising the oxygen level in the tissue cells.
19. Maintains the balance between potassium and sodium within the body so

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that the fluid inside and outside each cell is regulated; in this way, cells are nourished with nutrients and are also cleansed properly.

20. Converts calcium and potassium oxalates into a harmless form by making them solvent in the urine. Regulates the amount of oxalic acid delivered to the kidneys, thus reducing the risk of stone formation in the gall bladder, kidneys, or urinary tract.

21. Protects against toxins entering the brain.

22. Protects the body against radiation and X-rays.

23. Relieves pain.

24. Speeds up wound healing by regenerating the damaged area.

25. Increases the production of antibodies like lymphocytes and T-cells in the thymus gland, which is the defender of our immune system.

26. Protects the cells against free radicals.

27. Increases the appetite for healthful foods.

28. Decreases sugar cravings due to better blood sugar control.

29. Increases energy available.

30. Boosts mood and leads to an improved sense of well being.

GOD'S GIFT OF FULVIC ACID

LifeTree is excited to have discovered this wonderful drink that God has made for all of nature, especially humans, to be benefited from. We have had this on our shelves for about three months and have already experienced several testimonies from people taking it. They generally report; more energy, increased immune strength, clearer mental abilities, awareness of an increased endurance, electrolyte balancing, and in general feeling stronger and better. The spray on the skin has increased the healing time of burns to 1/3 the usual

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time, and decreased the pain dramatically. It has also been reported to stop bleeding inside and out. Muscular pain relief has been experienced as well. The eye drops have been reported to rid the eyes of the burning and stinging from strain, causing them to feel rested. Healing is what we all need, and healing is what LifeTree wants for all who will search for it. It comes from God through the many blessings that He hands down to us, Fulvics and Humics are two of those blessings. Humics work in the garden like fulvic does in the body.

WHAT IS FULVIC ACID?

As originated in nature from plants that have been preserved as Leonardite shale ore then has been ground and run through water to separate the fulvic acid from the humic; fulvic acids are biologically active, and have a low molecular weight (i.e., small molecules). Fulvic Acid liquid is IONIC minerals that your body needs on a daily basis for maintaining health, structure, function of every tissue in the entire body. It contains 80 plus minerals as well as trace minerals and amino acids. All of this from plants.

HOW CAN FULVIC BE TAKEN?

Fulvic Acid comes in liquid and powder form: The recommended maintenance dose of Fulvic is 1 - 2 Ounces per day based on one teaspoon per 20 pounds (preferably split $\frac{1}{2}$ in the morning and $\frac{1}{2}$ in the mid-afternoon) – 6 teaspoons = 1 ounce = 2 Tablespoons. A maintenance dose is for those people who are healthy and want to maintain their health.

If the above dose is too intense for you to begin with, then just follow titration instructions below:

To Start on Fulvic titrations begin with $\frac{1}{4}$ ounce daily, then work your way up to a maintenance dose of 1 ounce twice per day. This will likely avoid detoxification effects - Fulvic are potent detoxifiers. The primary detoxification symptoms are diarrhea, constipation, headaches and nausea, and these generally last only a few hours to days.

Powder form: comes in capsules, 64 to the bottle; these are 500 mg per capsule. Generally you want to take 1-2 Capsules daily. These can be taken as one capsule am and pm

Fulvic is such a good chelator that if you take the fulvic at a meal, with juice, tea, or anything that it will enhance the absorption and effectiveness of what ever is taken in conjunction with the fulvic. Do not take it with pharmaceutical drugs, chemicals such as chlorine in our drinking water and toothpaste, or any non-food items like fast food, and food additives. Take it on an empty stomach for chelating toxins out of your body, as it acts on whatever is nearby.

Beware of Fulvic Acids on the market as many of them are contaminated with heavy metals, chlorine induced carcinogens, high carbon and other contaminants. Most of the choices out there are also diluted way down from the original 3% that is extracted from the Humic, causing a very ineffective product and charging an enormous price for a small amount,

1 qt. of liquid Fulvic is 16.50 plus shipping; one bottle of 64 caps powdered is \$37.50 plus shipping.

WHAT DOES FULVIC DO FOR OUR BODIES excerpts from a study put together by Jeff CTC

In a report from Hungry done as an extensive study on Humic substances it was found that both humics and fulvic acid chelate heavy metals and they then are excreted in the urine and bile. Furthermore, this standardized (Humic/Fulvic Acid) would be beneficial in **eliminating heavy metals that can be accumulated throughout a lifetime of environmental exposure. (Humic/Fulvic Acid) works to decrease the absorption of these heavy metals as well.** So both prevention of accumulation; and elimination of

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heavy metals is a benefit of oral consumption of fulvic acid for both animals as well as humans.

This same study showed that fulvic acid ***alleviates the physiological consequences that occur with irradiation***. (Humic/Fulvic Acid) was given to the subjects studied, in one dose of 960 mg/kg body weight, then subjected to whole body irradiation. Baseline and outcome data (white blood cell, erythrocyte, platelet counts, and total serum iron binding capacity) were taken to substantiate claims of efficacy of the (Humic/Fulvic Acid) treatment. The results showed improvements in platelet count (leukocytes and thrombocytes) which had markedly decreased after irradiation. Platelet counts began to normalize in the control group one week earlier than in the untreated control group of subjects with just one dose of the (Humic/Fulvic Acid) formula. No side effects or toxicities were noted while administering (Humic/Fulvic Acid) to this group of subjects.

In 1988, Dr. S. A. Visser reviewed the medicinal value of humic substances in an article entitled: "Effects of humic substances on higher animals and man; the possible use of humic compounds in medical treatments", which was presented at the International Humic Substance Society meeting in Sevilla, Spain. His findings showed that the medicinal applications of humic and fulvic acids can be external as well as internal.

Dr. Visser stated that "external applications of humic and fulvic acids are based on their use as antiphlogistic (anti-inflammatory), analgesic (pain relieving), hyperemic (blood flow increasing), anti-rheumatic, anti-microbial, anti-fungal, antiviral and anti-cancer agents. Humic and fulvic acids have also been used externally in the treatment of hematoma (localized accumulation of blood), phlebitis (inflammation of veins), desmorrhhexis (rupture of a ligament), and myogelosis (hardening of a muscle), as well as for the treatment of patients with contusions, distortions, cervical (neck) complaints, lumbago (pain in the lower back), ischias (pelvic pain in the hip joint), arthrosis (non-inflammatory arthritis), polyarthritis (arthritis of multiple joints), osteoarthritis (arthrosis deformans), and with osteochondrosis (ossification of cartilage)."

In Other words fulvic acid taken orally twice per day will, as shown by clinically proven studies, help to alleviate pain in our bones and muscles and joints. It acts as an anti-inflammatory, pain reliever, by causing the blood to flow better, killing off pathological microorganisms, and relieving congestion, inflammation and swelling in affected areas.

"With respect to internal use, humic and fulvic acids have been shown to be particularly useful in the prevention, therapy and after-care of a variety of stomach and intestinal troubles such as, hyper-acidity, diarrhea, gastric ulcers, dysentery, gastroenteritis and colitis. They also act as a detoxifying agent, and have been used against bacterial and viral infections. They have been found to be useful in the treatment of anemia (deficiency of red blood cells, hemoglobin or total blood volume) and as a stimulator of the body's immune system and of detoxifying liver functions. By counteracting certain kinds of cancerous growth, humic acids may also have a potential as an anti-carcinogen". From Dr. Visser

FULVIC ACID taken orally over a continuous period of time IS:

Anti-bacterial, viral, or other infectious material; Aides in recovery from all degenerative diseases

DNA Repairer Taken over time it also becomes a protector of our DNA as well as repairing damage done from the multitude of free radical damage done on a daily basis in our cells

Anti-ageing Because of its low molecular weight, fulvic acid as a protection against oxidative damage inside the mitochondria can actually get inside the mitochondria

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protecting and healing the damage, where larger molecules such as vitamin C and E are not able.

Antioxidant that is not damaged from free radicals, as are vitamin C, and Vitamin E when working in that capacity to protect the body

Prophylactic/Preventative against a variety of stomach and intestinal troubles such as, hyper-acidity, diarrhea, gastric ulcers, dysentery, gastroenteritis and colitis. They can also act as a detoxifying agent, and have been used against bacterial and viral infections.

Remineralizer As a remineralizer humic/fulvic acids have proved useful in the treatment of anemia (deficiency of red blood cells, hemoglobin or total blood volume) and as a stimulator of the body's immune system and of detoxifying liver functions. By counteracting certain kinds of cancerous growth, humic acids may also have a potential as an anti-carcinogen. It is an organic natural electrolyte balancing and energizing the bodies' metabolism at cellular level.

Chelates That means it binds up with proteins either minerals or other nutrients for delivery to the mitochondria, the energy making organelles of the body cells, or with toxins and heavy metals for delivery to the elimination organs of body.

Many of these effects can be attributed to the activity of humic and fulvic acids by themselves, and are the result of their surface activity, chelating properties, power of absorption, their polyacidic nature, their polyphenolic structure, their interaction with other organic molecules including polysaccharides, proteins, enzymes and lipids, as well as of their redox properties and free radical content. **No unfavorable side effects have so far been noticed with the administration of humic or fulvic acids, and this includes pregnancy and infants as per reports from Yuan, Shenyuan;** et al; Application of Fulvic acid and its derivatives in the fields of agriculture and medicine; First Edition: June 1993

"As per FDA guidelines: our products are not intended to cure or prevent any disease and our data is not reviewed by FDA. The products can only be sold as food supplements in the U.S. although safety is not an issue. You are not allowed to know basic scientific facts of a natural, traditional herbal remedy in the U.S. So, if you are from the United States the above science does not apply for you. Thank you!" Dr. Yuan Shenyuan

Scientists also tell us that fulvic acid is one of the most powerful natural electrolytes known to man. It is also *one of the most powerful natural antioxidants and free radical scavengers known*. Fulvic acid *has the unique ability to react with both negatively and positively charged unpaired electrons and render free radicals harmless*. It can either alter them into new useable compounds or eliminate them as waste. Fulvic acid likewise *scavenges heavy metals and detoxifies pollutants*.

The good news is that the presence of fulvic acid actually increases the activity of several enzymes, including: transaminase, invertase, and alkaline phosphates. Speaking of the potentiation of certain substances, fulvic acid may also have a positive effect on RNA and DNA. According to several researchers, **the actual content of DNA is cells and the synthesis of RNA is enhanced by the presence of fulvic acid**. Furthermore, if you supplement with traditional vitamins and minerals, their bioavailability may be enhanced by the addition of fulvic acid. And the list goes on, and on and on...here's some more:

Complexes and dissolves minerals and trace elements

Enhances nutrients

Transports nutrients

Catalyzes enzyme reactions

Fulvic acid has close association with enzymes

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Increases assimilation
Stimulates metabolism
Detoxifies pollutants

Dissolves silica (Wow that is the big one!)
Synthesizes or transmutes or chelates minerals
Enhances cell division and elongation
Enhances the permeability of cell membranes—hope for diabetics yet!
Increases metabolism of proteins
Catalyzes vitamins within the cell
Chelates all monovalent and divalent elements (free radicals) that it is exposed to—kills the killers. Promotes electrochemical balance as both donor and receptor

Steals electrons from the outer ring of radiation molecules rendering them harmless

This is truly a miracle food from God as is any antioxidant or other noticeable healing food. God has known our needs in these last days on the face of a planet that is quickly being destroyed by irresponsible decisions made and carried out. God has promised that our bread and water will be sure. That means that He will be sure to supply all of our needs (nutritional as well) in Christ Jesus the creator of our food as well as our bodies. Even if we have to go out every day and pick up the manna that He has provided for us, you know, like searching for the good food that He has given us amidst all of the chemicalized, GMO'd, refined, processed, nutrient depleted, food. It is a wilderness of food out there, but God will supply for us quality food and Fulvic Acid is one of the quality mineral foods.

WHICH SALT?

WHY MIGHT PINK HIMALAYAN SALT BE THE
MOST SIGNIFICANT CHOICE YOU EVER MADE?

Taken from the article **Himalayan Crystal Salt vs.
Table Salt**

By Peter Ferreira

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The average person consumes 4-6,000 mg of sodium chloride daily. Heavy users can ingest as much as ten thousand mg per day. What implications does this have for our choice of the type of salt we use?

INFINITE VARIETY OF CHOICES

There are many kinds of salt available in the grocery stores and elsewhere, such as ordinary Table Salt; then there is Sea Salt of many varieties, and other salts like BioSalt which in the US, is made up of: sodium chloride, potassium chloride, tricalcium phosphate, zinc oxide, potassium iodide, ferrous fumarate, copper gluconate, manganese sulphate, chromium picolinate, magnesium oxide and trace minerals from sea salt.

The most common form is ordinary table salt, which most usually is iodized with potassium iodide.

This is also in almost every manufactured product. 90% of industry uses this salt.

THE PROCESSING OF SALT

Salt has to be processed to be chemically clean enough for consumption, since it comes from being used in industry. In the cleaning process the original minerals are reduced to only sodium chloride. This is an inorganic unnatural chemical form of salt that the body regards as a foreign entity. It is an unnatural, isolated, unwholesome substance having nothing to do with salt in its natural form. Toxic Iodine and fluoride have been added to this salt. Potentially dangerous preservatives are also put into the salt such as calcium carbonate, magnesium carbonate, and aluminum hydroxide.

Table salt and some sea salts are energetically DEAD. In other words there is nothing to give the body. The body must use its own energy to metabolize and utilize the salt. Energetically dead sodium is found lingering freely around cancer cells.

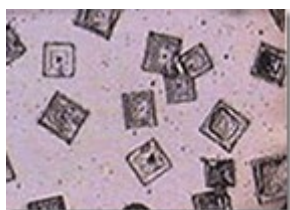
The body recognizes Na Cl (sodium chloride) as a poison. Similar to white, refined sugar, salt, once regarded as white gold, was converted into white poison. However, there is a higher reason for salt having been endowed with all the natural elements found in our bodies. Sodium chloride is an aggressive substance, which bio-chemically, is perpetually seeking an equalizing counterpart, so that the body's pH can always remain neutral. Sodium chloride needs its natural counterpart in order for it to produce its effect. The natural counterparts, such as potassium, calcium, magnesium and other minerals and trace elements, demonstrate, from a biophysical standpoint, specific frequency patterns. These patterns ensure the geometric structures in our body. When these structures are missing, we are without energy and are lifeless. Salt should not be used just to add flavor to our food, but for its electrical energy pattern, which is similar to our body!

How Table Salt Burdens Your Body

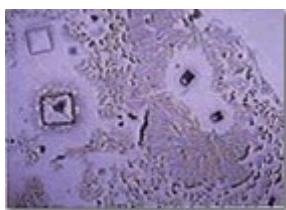
While our body only requires the minute amount of 0.007 ounces of salt per day, most of us suffer from a lack of salt, even though we're over-saturated with sodium chloride. When our consumption of salt is less than 0.007 ounces per day, salt craving kicks in. The average, per capita, daily

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consumption of table salt in the U.S. is between 0.4 ounces and 0.7 ounces. However, our body is only able to excrete 0.17 ounces to 0.25 ounces a day through our kidneys, depending on our age, constitution and sex. The body recognizes table salt as an aggressive cellular poison, an unnatural substance, and wants to eliminate it as quickly as possible in order to protect itself. This causes a constant overburden on our organs of excretion. In almost every preserved product, salt is used as part of the preservation process. So, by adding salt to the already salted food, the body receives more salt than it can get rid of. The body now tries to isolate the over-dose of salt in this process. Water molecules surround the sodium chloride in order to ionize it into sodium and chloride to neutralize it. For this process, the water is taken from our cells as the body sacrifices its most perfectly structured cell water in order to neutralize sodium chloride. With this, the dehydrated body cells die.



Common Table Salt



Sea Salt



Pink Himalayan Salt

or

Crystal Salt

Common Table Salt: Stripped of all its natural elements through industrial processing. The result is Sodium Chloride only. The unnatural crystals are isolated from each other and dead. In order for the body to metabolize these crystals, it must sacrifice tremendous amounts of its own precious energy reserves. This results in a damaging loss and zero gain. The salt deposits in our bodies look similar to the ones in this photo, isolated and dead.

Sea Salt: A great percentage of sea salt today is processed. With the ocean becoming increasingly polluted, this salt is far from ideal. It is composed of irregular and isolated crystalline structures, disconnected from the natural elements surrounding them. Consequently the vital minerals, however many it may contain, cannot be absorbed by the body unless the body expends tremendous energy to vitalize them. The net gain is small with an even greater loss of energy.

Original Himalayan Crystal Salt: The balanced crystalline structure reveals the fine branching with no shadows or rough edges. The crystal is not isolated from the inherent mineral elements (84) but is connected to them in a harmonious state. This tells us that the energy content, in the form of minerals, is balanced and can be easily metabolized by the body. This crystal is full of life. When taken into the body, it will have a vital energetic effect on the body. The result is a net gain for the body and zero energy loss.

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The Difference Between Rock Salt and Crystal Salt

The elements in rock salt are not integrated into the salt's crystal grid, but cling to the outside surface and crevices of the crystalline structure. This is the fundamental difference between rock salt and crystal salt. A salt crystal manifests a superior structure. Due to this sublime form, the elements are biochemically available for our cells as are the individual frequencies or vibration patterns. Rock salt is a cheap alternative to table salt, and is at least a natural and wholesome product. Biochemically and biophysically however, it is of little importance to our organism. We can only receive the resonant effects of the geometrical structure through the superior order or structure of a crystal and our cells can only absorb those elements that occur in an ional form. Only under considerable pressure can the elements be transformed into a specific size, making them ional, which enables them to pass through our cell wall. This is important because our cells can only absorb what is available organically or ionally. Therefore, we cannot absorb the minerals from mineral water as they're not refined enough to penetrate our cell walls. And what doesn't get into our cells cannot be metabolized. Therefore, the best calcium is useless if it cannot be available to the body's cells. What we need is the organic, or ional state of an element, in perfect natural symbiosis with all its associated elements in order for our organism to make any use of it.

In Summary

The result of the above research demonstrates how well developed and vital the crystal of Original Himalayan Crystal Salt is. It actually has **life-generating** power for the body and for our nervous system. The elements trapped within the crystal salt are in particles small enough to be able to penetrate the human cells and be metabolized. 100% Pure it contains 84 of the "natural" elements needed by the body:

hydrogen, lithium, beryllium, boron, carbon, nitrogen, oxygen, fluoride, sodium, magnesium, aluminum, silica, phosphorus, sulfur, chloride, calcium, scandium, titanium, vanadium, chromium, manganese, iron, cobalt, nickel, copper, zinc, gallium, germanium, arsenic, selenium, bromine, rubidium, strontium, yttrium, zirconium, niobium, molybdenum, ruthenium, rhodium palladium, silver, cadmium, indium, tin, antimony, tellurium, iodine, cesium, barium, lanthanum, cerium, praseodymium, samarium, europium, gadolinium, terbium, dysprosium, holmium, erbium, thulium, ytterbium, lutetium, hafnium, tantalum, tungsten, rhenium, osmium, iridium, platinum, gold, mercury, thallium, lead, bismuth, polonium, astatine, francium, radium, actinium, thorium, protactinium, uranium, neptunium and plutonium.

The Neutralizing Effect of Salt

The healing properties of salt are also known in allopathic medicine. The largest and oldest salt works in Europe occupies the royal salt mine of Wieliczka, Poland, just 7.5 miles outside of Krakow. Here, a hospital was carved out of the expansive salt mountain, seven hundred forty feet below the surface, specifically for asthmatics and patients with lung disease and allergies. Several thousand patients have been successfully treated in this hospital. The healing rate is astonishingly over 90%. Recognition of the healing effects of salt chambers has influenced the construction of a similar

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underground spa located in the salt mine of Berchtesgaden in Germany. The therapeutic benefits of long-term residency inside the healing salt chambers are allopathically acknowledged. The healing effects were originally thought to be related to the purity of the air within the mine's chambers. But if it was only a question of the purity of the air, why was the air in the cave so healthy, and the air above-surface so unhealthy? One cause has been determined. Our houses are charged with electromagnetic devices, such as TVs, stereos, computers, microwave ovens and the basic electric currents running through our walls. And, when not at home, we hold cell phones to our ears while driving in our cars and walking through our daily lives. This electro-smog causes an excess of positively charged ions that disturb the balance between the positively and negatively charged particles. Further, it creates an excess positively charged, chemically unbound particles in the air. Only thirty seconds on a cell phone are enough to open up our blood-brain-barrier, a natural barrier that protects our brain from toxins, for eight hours. A Swedish study showed that ninety percent of the women who used a copper-T I.U.D. as their birth control method, while simultaneously using cell phones, developed uterine cancer; the cause being that the I.U.D. functioned as a transmitter and receiver of unnatural, dissonant vibrations.

Crystal Salt Promotes Excretion of Animal Proteins

A study done by Dr. Elisabeth Scherwitz-Josenhans revealed that after four weeks of taking one teaspoon of sole' daily, the urine of 80% of 123 subjects showed significant increase of protein being excreted. Animal protein consumed is generally not completely digested by the body into individual amino acids and these undigested proteins generally remain in the body until such a time as it is able to cleanse them out. Sole' with its innate, natural antagonism towards these unnatural protein residues is a natural cleanser for what would normally stay in the body and cause strong acid waste damage.

No Thoughts and No Actions Without Salt

Even the simplest processes in our body need salt or its inherent elements in ionized form. For example, it is the task of our nervous system to transmit the stimulation that has been recorded via sensory input to our brain, which in return passes this information back to our muscles in order for us to react to the respective stimuli. An electric potential occurs on the membrane wall of the cells when the positively charged potassium ions leave the cells and the positively charged sodium ions cannot enter due to their size. The outside becomes positively charged and the inside negatively charged. When a nerve cell is stimulated, its membrane suddenly becomes polar opposite and consequently is permeable for the sodium ions. In one-thousandth of a second (1/1000th), the electrical potential is transformed and releases, with every nerve impulse, 90 mill volts of energy. The received stimuli are now being converted into thoughts and actions.

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Without the elements potassium and sodium in the salt, this process is not possible. Not even a single thought is possible, let alone an action, without their presence. Just the simple act of drinking a glass of water requires millions of instructions that come as impulses. In the beginning there is the thought. This thought is nothing but an electromagnetic frequency. The salt is responsible for enabling this frequency to transmit commands to the muscles and organs.

The Conductivity of Salt

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